A close-up photograph of a soldier in a camouflage uniform and helmet, holding a baby. The soldier's face is partially visible, looking down at the baby. The baby is looking directly at the camera with a curious expression. The soldier's hand is visible, supporting the baby. The background is slightly blurred, showing some equipment.

NOVEMBER 2009

# Facets

## Touched by War's Reality

**Grandparents take care of grandson during daughter's deployment**

**Food Bites**

**Biscotti ... a taste of Little Italy**





# meet our registered dietitian

at your West Ames & Lincoln Center Hy-Vee

## Services Include:

- Individualized nutrition counseling
- Personalized shopping assistance
- Supermarket tours
- Group nutrition classes
- Diabetes education
- Food allergy and intolerance information
- Group seminars in our store and throughout the community
- Recipe demonstration
- Cooking classes
- Simple Supper Solutions

Amy is here to help you achieve a healthier lifestyle! For more information about the dietitian services and events, stop by the pharmacy or call (515) 450-0508.

.....  
**Amy Clark** RD, LD





WELCOME TO

# Facets

Facet - 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

FACETS IS A PUBLICATION OF THE TRIBUNE

(515)232-2160 • 317 5th St., Ames IA 50010

## In this issue

- 4 TOUCHED BY WAR'S REALITY**  
Michelle and Tom Randall care for grandchild during their daughter's deployment
- 5 OPERATION MILITARY KIDS**  
Program offers help to those left behind
- 6 WOMEN IN CHARGE**  
Three women take charge of their health
- 8 THINKING ABOUT THANKSGIVING**  
Strategies to save calories during the holiday
- 9 WORLD WAR II WAC**  
Woman joins Woman's Army Corps to help during war effort
- 14 A DIFFERENT WAY OF SERVING**  
Woman serves country here at home when husband is deployed
- 14 SOMETHING TO LOOK FORWARD TO**  
Hair tips from Joshua Duchene
- 15 FOOD BITES**  
Biscotti ... a taste of Little Italy
- 16 GIRLFRIEND'S GUIDE TO FINANCIAL INDEPENDENCE**
- 18 SKIN CARE**  
Growth factors 'are the new black' in skin care
- 19 FACETS CALENDAR**
- 20 FACETED WOMAN**  
Meet Michele Mustain
- 22 HUE & CRY**  
Having an attitude of gratitude best way to celebrate Thanksgiving

## Contributors



Candy Anderson lives in Jewell with her husband. She is the mother of two and grandmother of six. She is the food service director for South Hamilton School District. Her days are filled with family, friends and respites in Okoboji. Candy enjoys writing about life experiences and her passion for culinary arts.



Debra Atkinson, M.S., CSCS, graduated from Iowa State where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional - writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and enjoys her Old English Sheepdog.



Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son and one stepdaughter, and two grandsons.



Clare Bills is a decorative painter and writer from Ames. She and her husband have three grown children and four grandchildren.



Amy Clark received a bachelor's degree from Iowa State University in 2003, with an emphasis in dietetics. Memberships include the American Dietetic Association and Iowa Dietetic Association. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. She encourages people to focus on making healthy lifestyle changes one step at a time.



Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.



Jane M. Degeneffe Zantow is single and has three grown children. She freelances as a photographer, graphic designer, illustrator, muralist and writer. She lives in Ames.



Joshua Duchene is a licensed cosmetologist who works at a salon in Ames.



Nicole Lenz is a freelance writer. She is engaged to be married next spring and currently lives in Clive.



Marisa Myhre graduated from Iowa State University and works for ISU as a mail coordinator at Postal and Parcel. She worked for three years at Hastings as a book manager.



Karen Petersen graduated from Iowa State University in family resource management. She is a certified financial planner, has three grandchildren and can be found on Ada Hayden Lake kayaking.



Jolene Philo is a freelance writer and speaker who lives in Boone. She and her husband have two adult children. You can visit her Web site at [www.jolenephilo.com](http://www.jolenephilo.com).



Sue Ullestad has been a kindergarten teacher for 30 years. She is an ISU graduate, and recently completed her master's degree. She lives on an acreage north of Boone with her husband. She and her husband have two grown children.





Michelle and Tom Randall with pictures of their grandson, Hunter.

Photo by Nirmalendu Majumdar

# Touched by war's reality

By CLARE BILLS

**O**n a dark, foggy, spring morning, Tanya Randall strapped on her Army-issued rifle and stopped to hold her baby one more time. She sobbed as she handed him over to her parents and boarded a bus from her base in Fort Riley, Kan. Final destination: Baghdad, Iraq.

For many, the war may be a series of headlines that rarely touch us personally. But for thousands of Americans it means painful separations and sacrifices. One Ames family went through a whirlwind of emotions while caring for their daughter's baby during her 14-month deployment.

Tanya joined the Army in 2004 and trained with the meteorological crew. She served a year in South Korea and then another in Fort Riley. While there, she gave birth to Hunter Okland Randall on Dec. 26, 2006. Hunter's father was not in the picture, so when Tanya was ordered to Iraq, she turned to her parents, Tom and Michelle Randall, of Ames. "I wouldn't have had anyone else take care of him," she said, but nothing prepared her for the painful separation.

Hunter was four months old when she left. "It was the hardest experience I've ever had to deal with in my whole life," Tanya said. "But it had to be done. I had no other way of supporting him, and I had no choice."

Tanya named her parents as permanent guardians of Hunter in the event she was killed in the war. "We would have done it in a heartbeat, but it's still difficult to think about starting all over again just as we were going to be empty nesters," Tom said. Their only other child, Tara, was a senior at Ames High School.

Although Hunter adjusted easily to life in the Randall home, Tom said being in their 50s made it challenging to care for a baby. "We wondered if we could do this at first," he said, "because we were so tired. Then when we had to give him back, it was heart wrenching."

He credits Michelle and Tara for doing much of the care giving. "Tara was a big help," Tom said. "It was her senior year in high school and she never resented that the spotlight was split that year."

For her part, Tara said she "always wanted a little brother or sister." She couldn't wait to see him every day when she got home from school.

Michelle agreed, "It was a gift having



him here. It was hard on us seeing Tanya leave. But anyone would do this for their kids."

They also felt that by taking care of Hunter, they were serving the larger cause. "In our own small way," Tom said, "we were doing something to help the war effort. We felt we were doing what we were supposed to be doing."

Before Tanya left, Tom said, "I told Tanya, 'The last thing you need to worry about is Hunter. You know Hunter's OK. Just take care of you.'"

Tom, Michelle and Tara also had to be careful not to watch too much news. "We had to give up worrying about Tanya and just believe that she would be fine because we had no control over that," Tom said.

Michelle said, "Sometimes Tanya would call us and let us know about a situation before it was on the news. One time she was in the gym and left at 4:30 p.m. About 5 p.m. it was hit by a mortar and someone was killed. She was able to call us and let us know she was safe before we saw the story."

Frequent phone calls and e-mail helped them all stay in touch. But when Tanya came home halfway through her deployment,

Hunter didn't know her. They soon reconnected, but Tanya let her mother maintain the parent role so she wouldn't confuse Hunter when she returned to Iraq.

When her deployment ended, Tanya spent a month at her parent's home getting reacquainted with Hunter and gradually taking over the role of mother before heading back to her base. "Hunter adjusted like a pro," Tanya said. "He is the most amazing kid I ever met ... I might be a little biased."

That month was bittersweet for Tom and Michelle. They were so thrilled that their daughter had survived her time in a war zone without injury, but giving up Hunter was more painful than they ever dreamed.

"We never thought about how hard it would be to give him back. We cried every day for six weeks," Michelle said.

"It was brutal," Tom said.

Tanya and Hunter remain in Kansas, although Tanya is now out of the Army. She's enjoying motherhood and taking care of her little towhead who will soon be 3. Tom, Michelle and Tara stay close through frequent visits. And in spite of the pain of separation, they would do it all over again "in a heartbeat."

## Operation Military Kids program offers help to those left behind

By MARY HALSTRUM  
Facets Editor

As the wars in Iraq and Afghanistan drag on, more and more soldiers are being deployed not only once, but as many as four and five times. Among those serving multiple deployments are reservists and members of the National Guard. Deployments are always hard on the families left behind, but can be especially so for the children of deployed soldiers.

That's where the Iowa Operation Military Kids program comes in. Begun in 2004, OMK works in partnership with Iowa Community Empowerment to bring awareness of the challenges faced by military kids.

Chris Gleason, Iowa State University Extension OMK project director, said children of reservists and Guard members who have been deployed are the group OMK works with the most.

"These families don't have the resources like those offered on big military bases," Gleason said. "We help develop community-based support for these groups."

According to Gleason, there are approximately 10,000 children in Iowa with at least one parent in serving in the military.

Gleason knows what she's talking about. She grew up a military kid with her father serving in the Army during World War II and the Korean conflict. Her son is in the Navy and has been deployed three times.

Here's how the program works. OMK tries to find neighbors, teachers or church members, and then provides education and

training to them so they can provide support for military kids.

"It's our responsibility to create communities of care for these kids," Gleason said.

She said military kids need help and support before, during and after a parent's deployment.

"One mother told us 'I don't want my child to just survive, I want her to thrive,'" Gleason said.

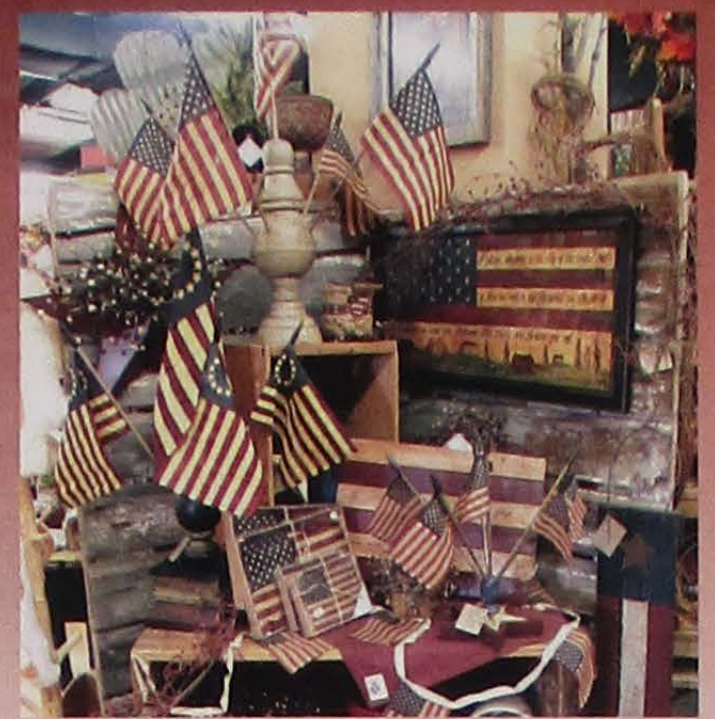
OMK's mission is to increase community capacity and support youth of military families. The program's goals are to provide training on the deployment cycle to public agencies, schools, community- and youth-serving agencies; assist communities in developing locally based community support networks; and to provide educational, recreational and social program options.

"It's about building resiliency, coping skills and problem-solving skills," Gleason said.

Activities include free camps, visits to the Science Center of Iowa in Des Moines and the National Mississippi River Museum and Aquarium in Dubuque.

"We have about 500 kids come to the camps," Gleason said. "It's an opportunity for these kids to get involved" and to be with other kids going through the same thing.

The OMK program is paid for by a grant from the Department of Defense. For more information about OMK, go to [www.militarykids.org](http://www.militarykids.org).



Unique Gifts • Floral Design  
Weddings • Candles • Wreaths  
Berry Garlands • Plates • Signs  
Birdhouses • Stars • Prints  
Sterling Silver Jewelry • Kugels

## CHICKEN SHED PRIMITIVES

"A roost for the country and primitive loving flock"

108 N. Hwy. 69, Huxley, IA 50124

Mon - Fri 9:30-5:30 Sat. 10-4

515-597-2336

[www.chickenshedprimitives.com](http://www.chickenshedprimitives.com)

**Fall Facial** with a  
**Pumpkin Peel**

Exfoliates using enzymes.  
Chemical free.

Special Price  
**\$45**

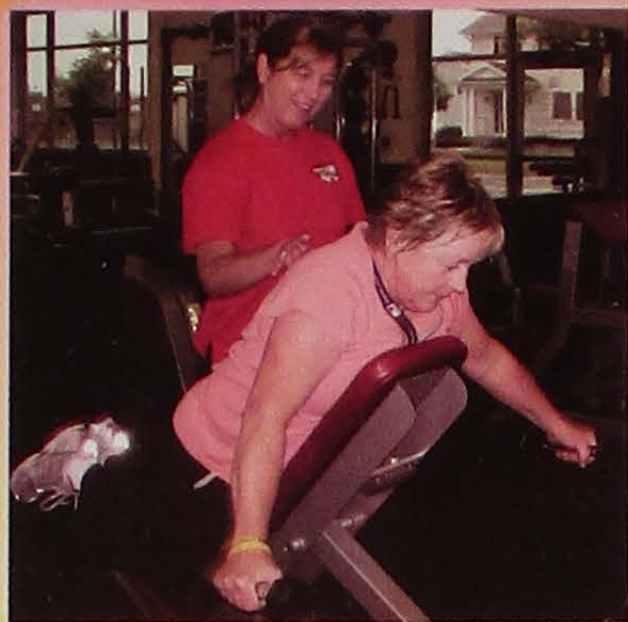
Regular \$60  
Expires 11-30-09

*Skinsational*

3206 South Duff • Ames  
515-233-1714



Boost your confidence, walk a little prouder, smile more often, feel younger, and have fun getting there with Ames Racquet & Fitness Personal Training.



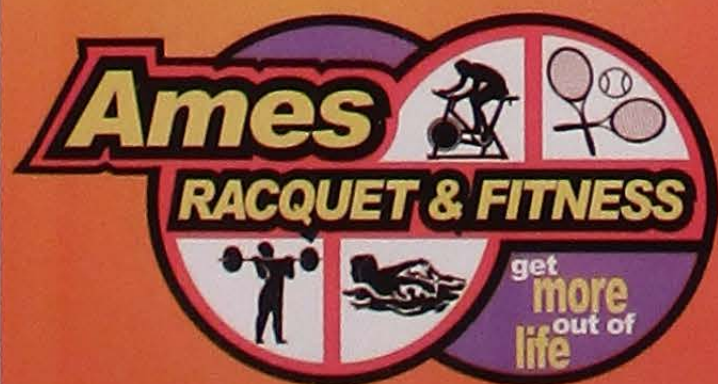
Get on **TRACK** for the holidays!

**8 Personal Training Sessions in 8 weeks!**

First session must be in November and a minimum of one session per consecutive weeks.

Get \$10 off our Ultimate Fitness Assessment by calling 663-5099 and mentioning this ad! The assessment is a screening of your current fitness level, including cardiovascular, strength, posture, flexibility and balance. Includes goal setting and exercise suggestions.

Call 663-5099 to get started!



www.amesracfit.com

# Women in charge taking charge of their health

By DEBRA ATKINSON, MS, CSCS

**T**ime and money are the two most common obstacles to getting involved in a regular exercise program. Three women "in charge" featured in this article know the value of time and money as well as anyone. They each are in a position of leadership and are the proverbial busy working women. Their jobs, in addition to their personal lives, are full and goal-oriented, yet they literally manage themselves first. Find out how they do it, whether they've valued activity their entire lives and dialed it up a notch, or came to fitness later. Learn how hard it might have been to take the plunge, and how rewarding it's been to stick with it, and pull back the covers.

## Tanya Anderson

**Position:** Vice president and trust officer and New Horizons Club director at First National Bank

**Major job responsibilities:** Scheduling and organizing group travel and educational seminars and workshops for New Horizons, a program for customers 50 years and older with a qualifying deposit. Travel includes day trips and domestic and international tours.

**Weekly fitness itinerary:** Four to five days a week for 30 to 45 minutes in addition to one day a week meeting with a personal trainer. "First thing in the morning, I have more energy throughout the day. If I have an early morning meeting I'll (exercise) as soon as I get home in the afternoon. (Then) I find I have more energy in the evening."

**Flight duration:** 10 years

**Her ticket to better health:** "When my girls went to college, I began exercising and taking more time for me. It was terribly intimidating. Once I started, I loved it. I can't say I've lost weight — something I've always

Having a trainer was instrumental for me. The environment is intimidating when you have never really exercised. You always feel everyone is staring at you. It takes for you to be a regular to realize that no one is paying attention at all."

## Exercise affects on-the-job performance:

"My job requires a lot of energy and not just stamina but strength. I set up for events and assist travelers with their baggage. I know I could not do this if I weren't training. I notice that my energy level is diminished on the days I do not exercise. Physical and mental energy both are affected by your overall health."

## Lana Leander

**Position:** Co-owner Des Moines-Winterset & Atlantic Memorials.

**Major job responsibilities:** Training and managing personnel in three locations. Planning and executing business strategies for the company.

**How fitness is a part of your work week:** "With a busy work schedule, I devote time for exercise with a personal trainer. I've found this has given me more energy throughout the day."

**A typical exercise week includes:** Two scheduled workout sessions with a trainer, cardio sessions and yoga, healthy eating, and eight to nine hours of sleep.

**Length of time fitness and physical activity been important to you:** "My entire life; I started with dance and ballet at a young age."

**How exercise affects your job performance:** "Working in the death care industry can be challenging at times, and to have a regular exercise program in place helps a great deal. Without exercise I feel sluggish and tired and more irritable. I have a more



which is important in my field with helping families select a memorial who have recently lost a loved one."

**Advice to those who think they are too busy:** "You can make the time. You may have to give something else up, but this will be worth it as your energy level will rise and the results will be visible."

#### Sarah Buss

**Position:** The eternal optimist. Specifically, head coach of the Ames High Drill Team, Ames High Fall Cheer and Competition Squads and head Ames Middle School gymnastics coach and entrepreneur. Sarah says first and foremost, "I'm employed by myself to work for myself making each day the best!"

**Major responsibilities related to coaching:** Organizing fundraisers, practices, performances, uniforms, team building, conditioning, skill workshops, graphic designer, being a counselor when they need it, a craft leader, nurse, hair stylist ... the list could go on and on. How is fitness a part of your life? "I have always danced and done gymnastics. This spring a friend invited me to start Boot Camp at ARFC. I thought, this is the time; my third baby had just turned one, I was very busy with my jobs, my husband was in a severe car accident in February ... so I decided I needed to re-energize myself and take on something new. This is one of the best gifts I could have ever given myself. At 7:15 a.m. (four days a week) I'd hop in the door feeling great after my workout, my mind clear, I was ready to start the day. I am currently in my second Boot Camp because I loved the first one!"

**How long has fitness been important to you?** "It's always been important to me to be able to do some staple dance moves and gymnastics. It gives me credibility with my squads. Recently, I took eight girls to an open gym to work on their back handsprings and I started doing them. Their energy is contagious and I ended up doing tumbling tricks I hadn't done in a while. (At the next practice) they will be sore in the same spots so we can relate to each other."

**How does fitness and self care affect your job performance?** "Like anything in life, if you feel good about yourself mentally and physically your possibilities are endless. Missing workouts? I feel like I am missing the spark to my day — it just adds that extra energy to my productivity."

**You take care of a lot of people, on and off the job; does stress motivate your exercise habit?** "Boot Camp has really helped me. I will wake up and think — oh, I'm way too stressed to go today or have too much to do ... and I say 'No, get your feet on the floor and go.' And I back out of the driveway feeling like a grump and pull back in feeling pumped."

**Your message to nonexercisers who don't have enough time and energy to fit it in?** "Well, my plate is pretty full, and note that I have worked in sales for 11 years, so I can 'sell' myself that staying in bed or not going to work out today is a good idea if I want to."

In Buss' words, going from "grump to pumped" is a choice worth making. Getting healthy, finding more energy and feeling good seem the only choices for each of these women.

"Like anything in life, if you feel good about yourself mentally and physically your possibilities are endless. Missing workouts? I feel like I am missing the spark to my day - it just adds that extra energy to my productivity."  
- Sarah Buss

Leave the  
details  
to us

**Rich Lepper  
Construction**

Quality Crafted Homes



Call for a FREE Remodeling Consultation  
**232-9287**

[www.richlepperconstruction.com](http://www.richlepperconstruction.com)

## Sparkle for the Holidays

Let us show you how...  
Schedule your free evaluation and gift now!

Open House  
November 20th, 9 am-3 pm



Kathy Cook, MD  
Board Certified  
Dermatologist



Susan Cross  
ARNP

**Skin Solutions  
Dermatology**

500 Main Street - Ames  
Next to Hy-Vee Drugstore  
**515.232.3006**

[www.skinsolutionsdermatology.com](http://www.skinsolutionsdermatology.com)



# Thinking about Thanksgiving

By AMY CLARK, RD, LD

**T**hanksgiving is a seasonal feast filled with favorite family foods. Feasting may add a whopping 2,000 to 4,500 calories to your daily intake. For an average-size person who engages in moderate activity and consumes between 1,600 and 2,200 calories per day to maintain weight, the calories from one feast meal, by any standards, constitute a hefty intake. Research suggests that Americans probably gain about a pound during the winter holiday season, but an accumulation of weight over the years may contribute to obesity and other health problems later in life.

But you can enhance the flavor and nutrition, yet decrease the fat and calories of your delectable dishes, using strategies and food ingredient substitutions. Some suggestions are listed below.

- Use a salad plate, because less looks like more.
- To monitor your portion sizes, eat from a plate, not the platter or package.
- Serve fresh, high-fiber fruit and vegetables as appetizers. Fiber creates a feeling of fullness and helps us eat a certain volume of foods rather than a certain amount of calories.
- Baste the bird with fat-free broth or remove the solidified fat before using regular broth.
- Enjoy the turkey without the skin. Almost half the fat resides in the skin.
- Use nonfat milk, water or chicken broth and skip the butter as you mash potatoes.
- Prepare sweet potatoes with little or no marshmallow crème, butter or brown sugar. Or bake sweet potatoes with diced apples and raisins, using butter spray for flavor.
- Make your own cranberry relish or "salsa" instead of serving the high-sugar variety.
- Reduce calories in pumpkin pie by using nonfat evaporated milk instead of cream in your recipe.

calories than pecan and fruit pies.

Sweet potatoes and cranberries will all soon appear on many Thanksgiving tables. These and many other foods we traditionally serve at Thanksgiving are surprisingly good-for-you foods and actually provide many health benefits.



**Cranberries.** This superfood ranks third on the USDA list of top antioxidant fruits and vegetables. The antioxidants in cranberries may help in-

crease HDL ("good") cholesterol, prevent urinary tract infections and may reduce the risk of Alzheimer's disease. Cranberries contain no fat or cholesterol, are low in sodium and are a source of vitamins A and B, calcium, phosphorus and iron.

**Sweet potatoes.** Loaded with vitamin A, sweet potatoes are a superfood for the eyes. One serving provides 377 percent of your daily vitamin A needs. Beta carotene, which your body converts to vitamin A, also may help protect against certain cancers. Sweet potatoes also score high for their fiber content. When eaten with the skin, they offer more fiber than oatmeal. Sweet potatoes also contain a significant amount of vitamin C and vitamin E. And to top it all off, they are virtually fat-free, cholesterol-free and low in sodium.

**Pumpkin.** Pumpkin is also rich in vitamin A, making it another holiday superfood for eye health. It also contains special antioxidants that may protect against lung cancer.

**Pomegranates.** This festive red fruit is loaded with powerful antioxidants, which help protect cells from damage that may cause disease and premature aging.

**Pecans.** Nuts, including pecans, walnuts and almonds, contain heart-healthy monounsaturated fat. Pecans also contain disease-fighting antioxidants and

## Fresh cranberry relish

Serves 12 - ½ cup each

### All you need:

- 1 (11 oz.) can mandarin oranges in light syrup
- 2 Granny Smith apples, cored and chopped coarsely
- 1 (12 oz.) package cranberries, washed
- ¾ cup sweetener
- 1 cup shelled pistachio nuts, toasted

### All you do:

Drain mandarin oranges; set aside. Process apple pieces and cranberries in a food processor; place in a large bowl. Stir in mandarin oranges and sweetener until sweetener is mixed evenly through the fruit. Refrigerate for 24 hours before serving. Stir in toasted pistachios before serving.

\* To toast pistachio nuts, preheat oven to 250 degrees F. Spread raw nuts in a single layer on a baking sheet. Toast for 10-12 minutes, stirring occasionally.

### Nutrition information per serving:

110 calories, 15g carbohydrate, 3g dietary fiber, 5g fat, 2g protein, 0mg sodium.

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*

HomeCrest

## Fall Specials Going on Now!

There may be construction outside, but we are open!

Stop in to see the latest designs for your kitchen & bath.

Laura's Cabinet Gallery

203 Kellogg 515.232.6904

Access to our store from Clark & Gilchrist streets



# She was a WAC to speed him back

By CANDY ANDERSON

She had waited three years for her fiancé to return from his duties at war when Dorothy Guhl saw the sign: "Join the WAC to Speed them Back!" After waiting so long in hopes that he would soon be home to marry her, Guhl decided it was time she do what she could to speed that marriage ceremony up. She filled out the required paperwork, indicating that she would like to join the medical branch, and was soon notified that she had been accepted into the Woman's Army Corps.

In a short while, Guhl left her secretarial position and, along with a girlfriend who joined with her, reported for basic training at Fort Des Moines. Fort Des Moines was the site selected by the Department of Defense for the first round of training for women. In all, more than 150,000 women trained to serve in some capacity during World War II.

After basic training, Guhl traveled to El Paso, Texas, for specialized training as a physio-therapist, where she learned techniques needed to help rehabilitate injured soldiers. A short time later, Guhl was sent to Percy Jones Army Hospital in Battle Creek, Mich., a 1,500-bed military hospital staffed by the U.S. Army specifically for treating soldiers wounded in World War II.

Guhl was well trained in the proper whirlpool, massage and exercise techniques necessary for recovery, but soon discovered it was her ability to encourage people with her sense of humor that brought those wounded soldiers relief. Hospital stays were weeks and months long for her patients, and Guhl said she became well acquainted with those she cared for. Most soldiers were never visited by their families and so, during her yearlong service, Guhl did what their families would do. She gave the soldiers nicknames, softly chided them as they worked toward recovery, and cheered them on when they were well enough to return home. Guhl becomes teary-eyed when she relates that the best part of her job was the feeling that she was helping in some way during her country's devastating times.

When she was not working nine-hour days at the hospital, Guhl returned "home" to an Army barracks filled with rows of bunk beds and neatly arranged footlockers. WAC living quarters were subject to the same white-glove inspections dreaded by their male counterparts, and the women were also expected to follow all Army regulations as to dress and conduct. Sunday was the one day each week the ladies did not work,



Dorothy Guhl and the dress uniform worn by WACs during World War II.

so, attired in their dress uniforms, they spent the day going to chapel and then out to eat and shop. Camaraderie formed quickly among the bunkmates, and many WACs remained in touch for years to follow.

For several years, a reunion was held at Fort Des Moines for Iowa WACs. More recently, 351 Iowa veterans were provided an opportunity to reunite and remember the times they served their nation. Among those on the Honor Flight were six women, including Guhl. On an all-expense-paid, one-day tour, the group was flown to Washington, D.C., where they toured the World War II Memorial, Arlington Cemetery and many other military tributes. Again, Guhl shows deep emotion as she describes the reception they received at both the Des Moines Airport and upon arriving in Washington, D.C. The sense of patriotism was palpable as people cheered for the veterans, then rushed to shake their hands and thank them for their service. The best part of the trip, she says, is realizing that "Americanism is still alive." It made her glad once again to have helped in a personal way during a conflict that involved our entire nation.

And that wedding she waited so long for? She traveled with her fiancé on a three-day pass back to Iowa where they met their families just long enough for a marriage ceremony at the Fort Des Moines Chapel. Then, she returned to Percy Jones Hospital and her new husband returned to duty. It wasn't until months later, when the war finally ended, that there was time for a wedding reception and they both could return home to begin their married life.

Dorothy and Albert Guhl lived in Jewell for 56 years before Albert's death in 2001. Dorothy now lives in Story City.



Looking  
for a  
Unique  
Gift?

Join us for our

**Holiday Open House**

**Friday Nov. 20 • 5-8pm**

**Sunday Nov. 22 • 12-4pm**

**Register for a \$100 Gift Certificate!**

*Nature's Touch*

Handcrafted Jewelry

311 Main Street • Downtown Ames

515-233-6179

Fashion Jewelry Repair

~ Open Daily in December ~

## Discover N.U.C.C.A.!

"NUCCA is the only way I will see a chiropractor. Dr. Read is very knowledgeable, understanding, pleasant and very helpful."

- R. Larson

"The NUCCA method has given me back my health, and life."

- T. Loy

"I will forever be thankful for Dr. Kruse-Read and her treatments. She is an honest and friendly doctor. Her treatments are based on science and the structure of the human body, and they work!!"

- P. Yamauchi



**Mention this ad  
and receive \$100 credit  
toward any necessary care.\***

Call Dr. Read Today  
for a FREE consultation!

**READ**  
Health Center Inc.

1606 Golden Aspen Dr. • Ste. 101 • Ames, IA 50010

**515-233-8880**

\*New patients only.  
www.nucca.org



# Facets of faces



## Proud to be Part of the Ames Community for a Decade

Providing Innovative Plastic Packaging for a Wide Variety of Beverage Customers



Eat. Drink. Imagine.

Ball Corporation, Plastic Packaging Division, Americas • 520 Bell Avenue • Ames, IA 50010 • 515-239-9600 • [www.ball.com](http://www.ball.com)



Allison Lillis  
3 years of service  
Process Technician



Ashley Vespestad  
10 months of service  
Administrative Assistant-Finance



Bonnie Wendt-Dingman  
3 years of service  
Process Technician



Carla Driver  
2.5 years of service  
Process Technician





Carmen Alvarado  
1.5 years of service  
Process Technician



Chris Rasmussen  
13 years of service  
Human Resources Coordinator



Cindy Rouse  
3 years of service  
Customer Service Coordinator



Deb Huber  
6.5 years of service  
Plant Controller



Deb Tjelmeland  
10 years of service  
Distribution Manager



Gayle Kuhns  
3.5 years of service  
Process Technician



Ginger Waldschmidt  
8 years of service  
Process Technician



Jackie Schrunk  
2 years of service  
Process Technician



Jolene Welp  
11 years of service  
Human Resources Manager



Julie Houston  
13 years of service  
Administrative Assistant



Karen Pettit  
8 years of service  
Process Technician



Katherine Eaves  
4 years of service  
Process Technician



Kathy Loftin  
3 years of service  
Process Technician



Kathy Thompson  
13 years of service  
Sales Service Manager



Kelly Spooner  
3.5 years of service  
Process Technician



Kelsey Engelking  
1 year of service  
Process Technician



Kim Nelson  
3 years of service  
Process Technician



Kim Stinn  
3 years of service  
Process Technician



Lisa Watts  
1.5 years of service  
Process Technician



Lona Staples  
13 years of service  
Quality Manager



Paula Earles  
3 years of service  
Process Technician



Rose Crawley  
2 years of service  
Process Technician



Sherry Meints  
4.5 years of service  
Process Technician



Stephanie Whitefield  
1 years of service  
Process Technician



Wendy Bower  
1 years of service  
Assistant Plant Manager



# DOWNTOWN AMES

a cornucopia of unique shopping



Essence by Moda by Iowa designer Sandy Garvais now available at **Quilting Connection**. Stop in to see what's new — shipments arriving daily!



**The Loft at Duck Worth Wearing** carries trendy brand name fashions for your pre-teen through young adult. 408 Kellogg, above Duck Worth Wearing.

Natural granite boulder owls and mushrooms can add a unique flair to your indoor or outdoor decor. Several sizes of each are available at **Wild Birds Unlimited**.



**PhotoSynthesis** can transform your photo so it looks like a pro took it! Professional photo enhancement is included with every custom holiday card order placed in-store! Or, order from a huge selection of designer cards using the interactive online designer at [www.photosynthesisIA.com](http://www.photosynthesisIA.com)!



## Duck Worth Wearing

To check our current inventory, visit our website [www.duckworthwearing.com](http://www.duckworthwearing.com)  
233 Main Street Ames • 515-233-4901

### THE LOFT

@ DUCK WORTH WEARING

Today's trends at affordable prices! Come save money at The Loft! A unique fashion and accessories resale store for teens, young adults, and trendy men and women. We also carry prom and formal wear. Now accepting prom dresses.

408 Kellogg • 515-232-9053

Hours: M, T, W, F 10-6:00; Thurs. 10-8; Sat. 10-5

[www.TheLoftAtDWW.com](http://www.TheLoftAtDWW.com)

**Husqvarna**

**VIKING**

Fabrics • Notions • Patterns • Classes • Books • Sewing Machines

**Quilting Connection**



**Christmas is coming!**  
Stop in for a free demo of  
**Husqvarna Viking Machines**

**Quilting Connection**

238 Main St., Ames

233-3048 • [www.iaquilts.com](http://www.iaquilts.com)

Hours: Mon. and Thurs. 10-8, Tues., Wed.,

**Designer Holiday Cards**



300+ designs  
as low as  
**65¢**

[photosynthesisIA.com](http://photosynthesisIA.com)

**PLUS**

Check our  
our photo gifts  
selection! We  
have something  
for everyone  
on your list!



**photosynthesis 317 MAIN ST**





Nothing says "Thank You" like **Chocolaterie Stam's** Bonbons and an original watercolor card by Iowa artist, Jennifer Mally.



**Ames Sewing & Vacuum Center** now carries The Original SUNHEAT Infrared Zone-Heating System. It is the safest, most comfortable, softest heat you and your family can depend on.

*The Original*  
**SUNHEAT**

**Safe • Comfortable • Soft**

- Energy efficient: The SUNHEAT operates on less than a Mr. Coffee per day
- Safe for children and pets
- SUNHEAT can be used anywhere in the home

**AMES SEWING & VACUUM CENTER**

214 Main Street • Downtown Ames  
515-232-1001 • 1-800-373-9736  
www.amessewing.net

VISA



**Emerhoff's Footwear's** Fall Sale starts October 31st. 20% off all men's and women's shoes, boots, and handbags! Shop early for best selection.

*Bra Doctor911.com*



85% of women wear the wrong bra. Call us at **Teal & Tenacious** and find out what a bra makeover can do for you. Fitting sizes 32A-44G (up to 48 band with extender). All day event Wednesday, November 4th. Call for an appointment, 233-8325.

*Bra Doctor911*  
Lifting Breasts & Spirits Event

Wednesday,  
November 4th  
10 am-6 pm

Call for your appointment  
233-8325

*Teal & Tenacious*

Hours: M,T, W, F 10-6, Th 10-7, Sat. 10-5  
233-TEAL • 314 Main St. Ames

**Fall Special**

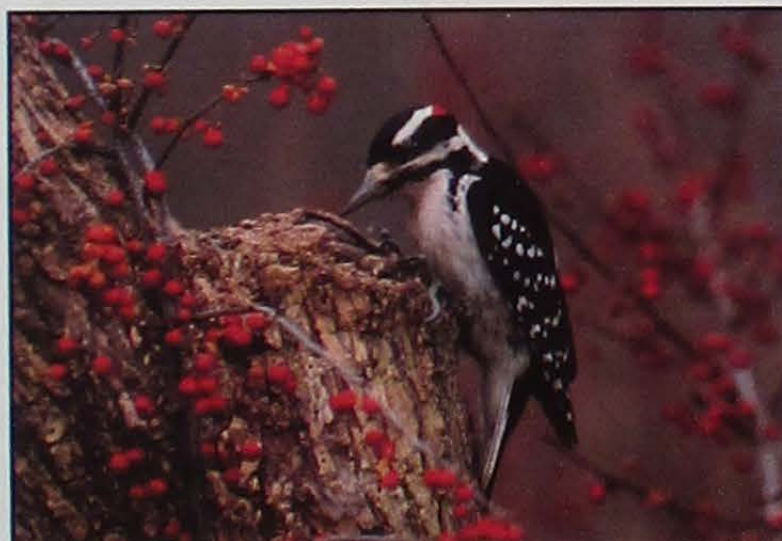
**20% Off**

**All Men's & Women's Shoes, Boots and Handbags.**

**Sale starts October 31st!**

**Emerhoff's**  
FOOTWEAR, INC.

215 Main Street • Downtown Ames  
515-232-3473



We give thanks for natural things and those who enjoy them! Don't miss our **Customer Appreciation Days** Friday-Sunday, November 20-22

**Wild Birds Unlimited**  
Nature Shop  
213 Duff Ave 515-956-3145  
www.wbu.com/ames

*We are grateful...*

**CHOCOLATERIE Stam**

Hours: Mon.-Sat. 8:30am-8pm  
and Sundays 1-5pm

**230 Main Street**  
515.232.0656

*Fine European Chocolates Since 1915*  
Amsterdam • Ames • Des Moines



## LOOK GOOD...FEEL BETTER®

*For women in cancer treatment.  
And in charge of their lives.*

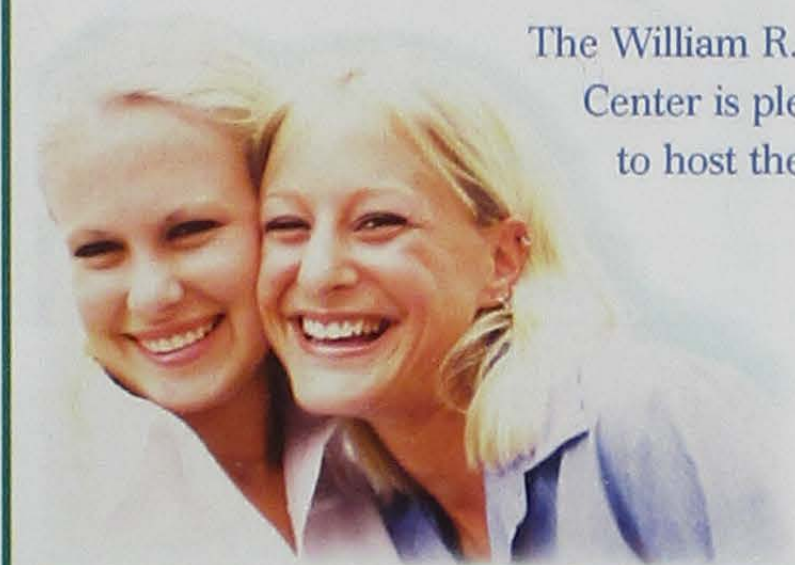
**Monday, November 9, 2009  
6:30 to 8 p.m.**

Cancer Resource Center  
of the William R. Bliss Cancer Center

Cancer can affect a person's energy, appetite and strength. But it doesn't have to take away self-confidence. Look Good Feel Better® is a free American Cancer Society program that teaches beauty techniques to women cancer patients in active treatment to help them manage the appearance-related effects of cancer and its treatment. By taking control of how they look, using cosmetics and hair alternatives, women with cancer can strengthen the positive attitude that is so important in cancer treatment, and feel better about themselves.

The cornerstone of the program is the free 90-minute workshop where women learn make-up tips and hair alternatives and go home with a complimentary kit of cosmetics and personal care products. The hands-on, step-by-step workshop is led by industry trained cosmeticians and hair alternatives specialists.

The William R. Bliss Cancer  
Center is pleased to be able  
to host these free classes.



If you are interested in participating in this free class, please contact the Cancer Resource Center at 515-956-6440 or 866-972-5477 or the American Cancer Society at 800-688-0147.

William R.  
**Bliss**  
Cancer Center

## Serving our country here at home

By CANDY ANDERSON

**S**he was a young wife and the mother of a 1-year-old daughter when her husband of four years was deployed. She sent along a piece of her heart with him and vowed to uphold her patriotic duty to support him by becoming the at-home manager of their lives. She raised their daughter from age 1 to 2, all the while including him as well as she could through pictures and videos and his occasional calls home. She sat by her daughter's side when she needed surgery, guided her with gentle discipline as she approached the terrible twos and gave her all the love of a two-parent home.

She restored the basement rooms after the ravishes of a flood, fixed the car when it wouldn't run, took care of his dog, even when it ran away late at night, and answered the piles of mail that greeted after work. She mowed the lawn, trimmed the bushes and took her daughter for wagon rides. She shoveled snow in the dark while the baby was sleeping so she wouldn't have to bring her out in the cold. She worked nights and on weekends decorating a special room she knew he would love. She got up an hour early each morning so she could spend extra time with her daughter before she had to drop her off at the sitter. She went to work each day wondering if she was doing enough, if her husband was safe and if her daughter would remember him when he returned.

She valiantly handled teething and the flu, bumps and bruises, loneliness and exhaustion and did not complain. Her husband was serving his country and she was too, only here at home. And soon he would return.

And then she handled death. Not the death of her husband, but the death of her marriage and of the ideals she held for their family. He left an honorable man, in love with his wife and daughter, dedicated to the concept of a two-parent family and with dreams of their life after war. He returned broken, forever changed by the sights and sounds of the past year.

She wondered if the sacrifices she made during the past year meant anything. The life they dreamed of for their daughter was gone. And she would continue to be the at-home manager of her daughter's life. She would get up early each morning to play with her, repair the house, fix the car, mow the grass, shovel the snow ... but this time she knew it wouldn't be short term.

Together they served their country, he as a soldier in a combat zone and she as a supporter at home. Their sacrifices might have been more than some or much less than what others endured. But like all military families, sacrifices were made, on far-away foreign grounds and right here at home.

## Something to look forward to

**Q:** What should I do with my hair for this winter?

**A:** Winter is right around the corner, fall is here and it is time to tone down the fun and funky styles that summer left behind. During the winter it may suit you to lean toward deep shades of brown, deep plum, auburn or mahogany. You will be seeing a lot of multicolored hair using these colors. Although I suggest these darker colors for some, many will stay with blonde. This is OK too; you can add some low lights to show some darker tones but still show off your bright, blond hair. For many of you, you may be hesitant to try new and different colors. The nice thing about color is that you can change it if it is not right for you.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames.  
Do you have a question about hair or makeup?



## [ FOOD BITES ]



## Biscotti ... a taste of Little Italy

By JOLENE PHILO

A few years ago, my husband and I spent a week in Philadelphia and spent one morning walking around Little Italy. The outdoor fruit and vegetable markets were eye candy, the loaves of bread sprinkled with sesame seed were warm when we bought them, and the pasta was heavenly. But the fresh biscotti, which was available at every Italian bakery, was my favorite. Dunked in coffee, the delicate anise flavor of the crisp, twice-baked cookies satisfied my sweet tooth and my stomach after walking for hours each day.

A few weeks after our trip, I was delighted when "American Profile Magazine" featured a biscotti recipe. One winter day my daughter, who also loves anise, helped test the recipe. Forming the loaves proved a challenge, though laying the dough in a long blob instead of a big ball on the parchment paper, flouring our hands, and using a light touch helped. But after our first taste of the cookies, we knew the recipe was a keeper. Not only are they yummy, but the cookies freeze extremely well and don't lose flavor or freshness when sent as gifts by mail.

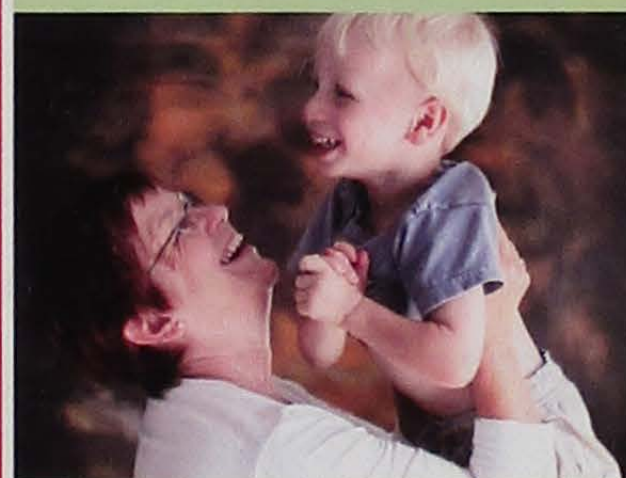
To make the cookies healthier, I cut the amount of sugar in half. Sometimes I substitute walnuts and pecans for the almonds or pistachios. But any way you mix it, these cookies will be a family favorite.

### Italian Biscotti

1 pound butter, softened	2 cups sugar
8 eggs	1 tablespoon baking powder
2 teaspoons vanilla	4 tablespoons anise seed
6 ounces almonds, chopped	8 cups all-purpose flour
1 bag (6 ounces) dried cranberries	1 cup pistachio nuts, shelled

Preheat oven to 350 degrees. Mix butter, sugar, eggs, baking powder, vanilla, anise seed and almonds until well blended. Stir in flour gradually. When smooth, stir in dried cranberries and pistachios. The dough will be sticky but not difficult to handle. Divide dough into four equal parts. Shape each section into a loaf about 15 inches long and 4 inches wide. Bake loaves for about 45 minutes on a baking sheet with sides. If dough begins to spread and become too flat during baking, reshape with a spatula. Remove loaves from oven, and allow them to cool. When cool, cut each loaf into 1-inch slices. Place slices back on baking sheet and bake for 10 to 15 minutes, until golden. Makes about six dozen large cookies.

## Count your Blessings



**Because life is...  
more than money.**

**Karen L. Petersen, CFP®**

**2613 Northridge Pkwy  
(Somerset)  
515.232.2785**

**Karen@myMoreThanMoney.net**

\*Registered Representative Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC  
Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.



## Girlfriend's guide to

# financial independence

### WHAT BANKING SHOULD BE



**Does your  
Internet Banking  
help you budget?**

**FinanceWorks™**  
powered by Quicken®

**can do that!**

View a Demo at  
[www.FNBames.com](http://www.FNBames.com) and see  
what it can do for you!

**1<sup>ST</sup> FIRST  
NATIONAL  
BANK**  
AMES • ANKENY



## Applying military discipline to money management

By KAREN PETERSEN

Is there a common denominator in military and money success?

For answers, I contacted Staff Sgt. Jeremy Bright at the Ames Army Recruiting Station to identify and explain disciplines that are a part of the military life.

### Military discipline

1. Physical Training — In order to maintain top physical conditioning, we work out regularly.
2. After Action Reviews (AAR) — An AAR is a review after an event happens. This comprises the following:

- What was supposed to happen?
- What did happen?
- What can be done to sustain?
- What can be done to improve?

3. In Process Reviews (IPR) — In the same format of an AAR, but this is done in the middle of an event to make corrections or improvements as the event is actually happening.

4. Accountability — This is a word that means different things for different people but in the Army it is used as a synonym for responsibility.

### Money discipline

1. Training — Most of us want to be well prepared to make sound money decisions; unfortunately we do not participate in regular training and conditioning. Without proper training and experience it is difficult to consistently make wise financial decisions. Money training for children is a great place to start. One solution comes from Iowa State University's College of Human Sciences and the Iowa Department of Education. Iowa State's University Teacher Education Program is taking steps to insure that the state's next generation of pre-kindergarten through 12th-grade teachers are qualified



2. After Action Reviews — I see real value for a year-end AAR of your financial goals. It might go something like this:

- What goals did you set for this year?
- How successful were you in achieving the goals?
- How can you sustain that success?
- What can be done to improve your success?

3. In Process Reviews — If you conduct an IPR quarterly, the AAR may have a different result. When you review your financial goals and intentions at the end of the each quarter, it will be easy to track your progress and update your financial goals for the year. You might ask:

- Have our goals changed?
- Are we committing an adequate amount of our discretionary money?
- What can we do in the next quarter to assure our success?

4. Accountability — Accountability is synonymous with responsibility. Each of us has a different definition of financial responsibility. What does responsible mean to you and your family? Is it money for college and retirement, or is creating lasting memories with an impromptu trip to Europe?

#### Your action plan

- Commit to money training for you and your child or grandchild.

- Every month learn about a new topic.
- Help a child begin a virtual investment portfolio.

This November, conduct an After Action Review on your 2009 financial progress. Make decisions about changes you would like to make in 2010. Plan quarterly In Process Reviews in 2010. Schedule a time on your calendar now.

This method may help you determine your spending and investment plans. Consider each goal and money commitment individually. Then ask how will this choice affect me and my family in the next:

- Eight weeks
- Eight months
- Eight years

Discipline in the military is necessarily rigid, without room to stray from the rules. Most of us don't have rigid financial rules. Sometime that is good ... we have the ability to make many choices. Sometimes that is not so good ... there are so many choices to make.

Because life is ... more than money

*Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.*

*Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.*

## For the special woman in your life!



We recently created this stunning one-of-a-kind ring in 18K white gold featuring a natural fancy yellow radiant cut diamond weighing 1.22 ct. Accenting this stunning center stone is nearly 1 carat of princess and round cut diamonds.

Truly a beautiful piece!

One only \$9875.00

***Ames Silversmithing***  
Designers & Goldsmiths

220 Main Downtown 232-0080

[www.amessilversmithing.com](http://www.amessilversmithing.com)



# Only at the Octagon.



shawls & ponchos  
hats & scarves  
handmade



Featuring Iowa artists

427 douglas ave • ames

515.232.5331

[www.octagonarts.org](http://www.octagonarts.org)

# Growth factors 'are the new black' in skin care



By KATHY L.P. COOK, M.D.

**Y**ou've probably heard the saying brown is the new black in clothing. In skin care, growth factors are the new black. In the past few years antioxidants have gotten all the attention and do have a prominent role in protection and regeneration of the skin. Additional benefits for skin repair may be seen with the addition of growth factors to skin care products. Growth factors are proteins that regulate signaling (think talking) between cells. They have their effect on cells near them, not on distant cells. Growth factors can alter cell growth, increase the number of cells and change cellular function. They are produced by all cell types in the dermis (second layer of the skin) and in the epidermis (top layer of the skin). Growth factors are important in skin healing. As we age the skin produces fewer growth factors, which affect its ability to repair damage. Skin aging occurs through natural aging over time and environmental factors. These two aging functions are both affected by reactive oxygen species also called free radicals. Free radicals are produced by UV radiation, pollution and other factors. Through a complex series of events this results in an imbalance of production and breakdown of cells leading to more cellular breakdown. Growth factors start the process of repair.

There are many types of growth factors, and the evidence suggests that the interaction between the different growth factors is important for function. Individual growth factors may not produce the same results

the interactions between various growth factors. These molecules are fairly large but have been shown to penetrate the skin and therefore can be added to topically applied products and produce change in the skin. Growth factors have been shown to decrease wrinkling as measured by an increase in collagen and in the upper layer of the dermis on biopsy. This also has been shown by silicone impressions of the skin.

Growth factors can be obtained by excretion from cells, bacteria that can produce individual growth factors or from cells in cultures that have been broken to release the growth factors. The ones that are obtained from bacteria — or from breaking the cells — are not the same as naturally produced growth factors. There are more than 100 growth factors and matrix proteins that are excreted by cells. I recently attended a meeting on these types of products and was most impressed by the comparison to breast milk. While manufacturers have made infant formula for years it is not the same as human breast milk. They can only put in what they can measure and factors such as immunoglobulins that are excreted in breast milk are not found in infant formula, making it impossible to duplicate nature. This is the same as in growth factors that are naturally produced versus those that are manufactured.

We recommend anti aging products with NouriCell MD (naturally obtained growth factors) in them.

Kathy L. P. Cook, M.D., of Skin Solutions Dermatology, can be reached at (515) 232-



# NOVEMBER calendar

## TUESDAY, NOV. 3

**Michael Flatley's Lord of the Dance**, 7:30 p.m., Stephens Auditorium, tickets available at Iowa State Center Ticket Office and all Ticketmaster locations.

## WEDNESDAY, NOV. 4

**Saving Abel with Red**, Pop Evil, Teddy Porter, 7 p.m., doors open at 6 p.m., Val Air Ballroom, 301 Ashworth Road, West Des Moines, \$22.50, tickets available through all Ticketmaster locations.

**ArtWalk – New Sites & Old Favorites**, ISU, noon-1 p.m., a tour of new sites and old favorites from the Art on Campus Collection. This tour will focus on the Elizabeth and Byron Anderson Sculpture Garden and its current exhibition of Bill Barrett, Albert Paley and Christian Petersen sculptures. Meet Lynette outside the east entrance to Morrill Hall. Call (515) 294-3342.

## THURSDAY, NOV. 5

**Cheech & Chong Light Up America**, 8 p.m.,

Stephens Auditorium, 35-\$45, available at all Ticketmaster locations, Stephens Auditorium ticket office, or charge by phone at (800) 745-3000.

**"Sweeney Todd,"** 7:30 p.m., Fisher Theater, \$19 adults, \$17 seniors, \$12 ISU students, tickets available through Stephens Box Office, Ticketmaster or at the door.

## WEDNESDAY, NOV. 11

**Skillet with Special Guests Hawk Nelson, Decyfer Down and The Letter Black**, 7 p.m., Stephens Auditorium, tickets on sale now, all seats reserved, tickets in advance \$22.50, day of show \$25, available at Stephens Auditorium Ticket Office and all Ticketmaster locations.

## THURSDAY, NOV. 12

**"How to Get More Wholesome Foods in Your Life"** brown bag lecture, noon-1 p.m., Reiman Gardens, free for CoHorts' members and ISU students, price of admission for general public.

## SATURDAY, NOV. 14

**Ames Town & Gown presents Leon Fleisher and Katherine Jacobson Fleisher** in a concert of solo piano music as well as repertoire for two pianists. The performance will take place at the Ames City Auditorium and will begin at 7:30 p.m. Tickets for the concert are \$30. Advance tickets are available at Rieman Music in downtown Ames and at the Iowa State University Music Department office.

## MONDAY, NOV. 16

**Tea at Terrace Hill**, Nov. 16, \$32, call (515) 280-3450.

## FRIDAY AND SATURDAY, NOV. 27 AND 28

**"A Celebration of Christmas,"** starring Jamie Aaron Kelley, 8 p.m., doors open at 7:30 p.m., Quality Inn, VIP \$40, general admission \$30, can be purchased by calling (515) 432-4332 or by e-mailing tickets@jamieaaronkelley.com.

## Prostate Cancer

### *Treatment Options*

**Joseph Rhoades, MD**, Radiation Oncology, will be speaking on treatment options for prostate cancer. For tumors that are still inside the prostate, radiation therapy (using x-rays that kill the cancer cells) and a surgery called radical prostatectomy are common treatment options. Join Dr. Rhoades for this presentation on general and innovative treatment practices for prostate cancer.

Pre-registration required due to limited seating, contact the Cancer Resource Center at 515-956-6440 or 1-866-972-5477. Refreshments will be served.

Thursday, November 19, 7 p.m.  
Mary Greeley Medical Center  
North Addition Conference Rooms A & B

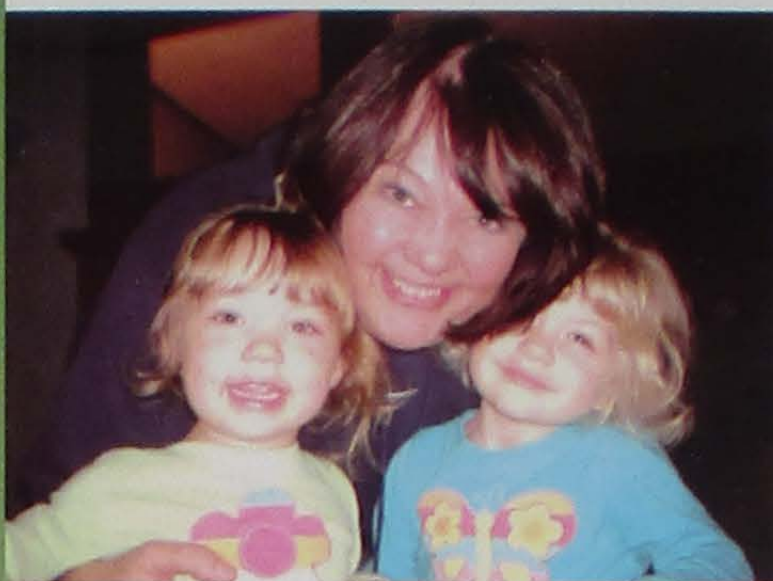
William R.  
**Bliss**  
Cancer Center





# meet a faceted woman

**Name:** Michele Mustain  
**Age:** 48  
**Position:** Regional representative for Congressman Tom Latham  
**Family:** Daughter Meghan, son-in-law Trevor and adorable twin granddaughters Audrey and Isabel



Michele with her granddaughters Audrey and Isabel.



Michele with her daughter Meghan.

**What would you do with \$1,000 to spend on yourself?** I would probably put it away for a trip to Italy. My best friend from college and I plan on making the trip to celebrate our 50th birthdays.

**Your favorite meal:** A steak grilled to perfection.

**Craziest fashion you ever wore:** When I was in high school the trend was bell bottom jeans - and because they needed to be big bell bottoms we would slit the outside seam and insert a triangle of denim to make them even larger. I have no idea how we walked up and down stairs in those things but we did for fashion's sake. Another stellar fashion statement I made was in the '80s with the curly perm and poufy bangs.

**I never leave home without:** My BlackBerry.

**Your favorite motto:** I really like Gilda Radner's quote: "I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle and end." But also believe in "What doesn't kill us makes us stronger."

**What makes you happy?** Spending time with my family and friends. I have been blessed with both.

**What makes you feel confident?** My conviction that I know the material I am

dealing with and if it is unfamiliar the ability to apply critical thinking to find a solution.

**What makes you laugh?** A good joke, my 2-year-old granddaughters and slapstick comedy.

**What have you accomplished that has made you proud?** Raising my daughter as a single mother and seeing her turn into the accomplished young lady she is today is probably my biggest accomplishment. I am also proud every day of the career I have and the service I provide.

**Do you believe in New Year's resolutions? Do you have one this year?** I think we make resolutions all year long.

**Best tip to look and feel great:** There are all of the usual things to say, plenty of sleep, eat right, etc., but I would say that it is equally important to surround yourself with good people and laugh at least once a day.

**If you could do or be anything you want, what would it be?** This is one of those great questions that make you reminisce about your childhood dreams while reflecting on who you are now ... I really like who I am and love my career but wouldn't be alive if I didn't want for something. I miss having someone to share my life with, so I guess what I would like to be is a wife.

**If you knew then what you know now, what would you have done differently?** I would have, without a doubt, finished my degree.

**How do you reward yourself?** My daughter says I haven't figured this one out yet - I think she is probably right.

**My idea of a nightmare job:** I don't think there are any nightmare jobs; to me it is all about attitude.

**My simplest pleasure:** A glass of wine with the fireplace going while watching a favorite movie on a chilly evening.

**I crave:** Fun.

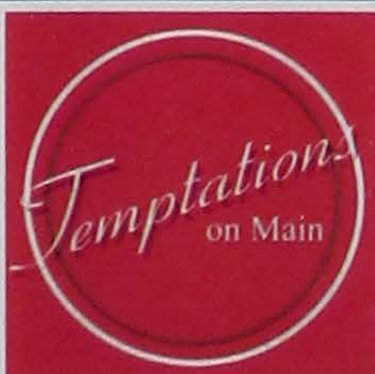
**I secretly love:** The Nebraska Cornhuskers.

**When I am an old lady:** I have told my three best friends that we all need to end up in the same retirement village so we can play bumper wheelchairs because that is the type of old ladies we all want to be.

**I am thankful for:** So many things ... my daughter who saved my life, my darling granddaughters who make life even better, my remarkable friends who are my sisters by choice and a rewarding career working for a very admirable man.

**Favorite wardrobe staple:** Black dress pants.

**How do you give back to your community?** Prior to moving to Central Iowa I served on the board of a displaced homemakers nonprofit organization. I absolutely loved all that we did and have been looking for a similar fit since moving. I think you could also argue that my job responsibilities are a form of giving to many communities.



## What is your favorite kind of chocolate?

**Michelle Mustain**

I love a good turtle candy — the combination of chocolate, caramel and pecans is decadent in my opinion. The combination is also killer on a good cheesecake.





PAID ADVERTISEMENT

## No matter what your situation is The Ames Contracting Team can help...

As winter approaches, Ed and Mary Fawkes are reaping the benefits of their summer home improvements. With a newly insulated attached garage and new windows throughout the house, the Fawkes family is cozy inside, enjoying the improved energy efficiency of their home.

"The main part of our remodel was the inside of the garage," explained Ed Fawkes. "We wanted to improve the looks of the garage and make it a lot more durable." As the old walls and ceiling were removed, members of the Ames Contracting Team made the family aware that their attached garage lacked insulation. They installed insulation throughout the space before completing the new walls and ceiling.

Fawkes finds the new walls, in particular, a nice addition to his home. "They have a slick finish, like the walls of a shower almost," he explained, adding that he realized the comparison may sound strange. "They are waterproof. Water just runs off of them and it is such a clean look."

To finish off the garage, the family added new cabinets. Fawkes describes the space as much more useable and pleasant to be in than before. "Its cleaner looking and looks much neater and tidier than it did," he said.

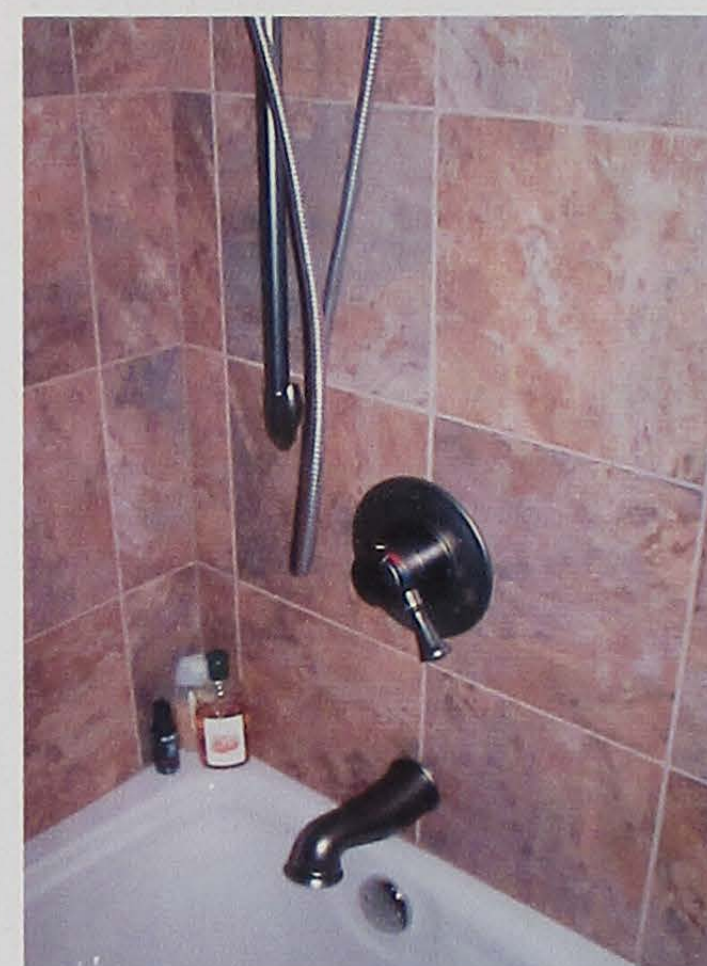
With the garage complete, the Fawkes family turned its attention to the house. "We had old windows," Fawkes explained, "and they didn't really seal." Ames Contracting Team helped the family seal out the winter cold and the summer heat as they installed new double hung windows throughout the home.

Fawkes added that updating their windows, allowed them to choose glass with an E-rating to filter out harmful sun rays, reducing the fading of furniture among other advantages.

In addition to improving the energy efficiency of their home with insulation and windows, Ed and Mary Fawkes tackled a bathroom remodel this summer, enlisting the assistance of Benjamin Franklin Plumbing (formerly Gibbs) to complete the project.

Ed Fawkes praised Ames Contracting Team for the quality of their work and the character of all member companies. Mary had worked with Geisinger Construction and the Ames Contracting Team before, through her affiliation with an ISU sorority. She was so impressed with them, they were the only logical choice as a contractor for the improvements to the Fawkes family home.

"They just do great work," explained Fawkes. "And they are very honest. But the bottom line is they do great work."



**FLOORING  
GALLERY**  
PICTURE PERFECT FLOORS

**Benjamin  
Franklin**  
THE PUNCTUAL PLUMBER.  
If there's any delay,  
it's you we pay!

**Ames Contracting Team**  
From start to finish  
the only team you need

**515-232-5452**



**Winkler  
AND SONS**

**GEISINGER**

**CONSTRUCTION INC.**  
Residential • Light Commercial • Farm



**THOMPSON  
ELECTRIC**



# hue & cry

By MARY HALSTRUM, *Facets Editor*

In these challenging times, it is important to remind myself that I have many things to be thankful for in my life. Family, good health and friends come to



mind right away.

However, this year I've added some reasons to be thankful to my list that in prior years probably didn't get a mention. I'm thankful I still have a job as the entire newspaper industry battles mightily to survive. I'm thankful my family still has health insurance in spite of my husband's layoff lasting longer than expected. I'm thankful for unemployment benefits being extended to one year from six months. I'm thankful that when our garage was burglarized of approximately \$3,000 of my husband's tools we had homeowner's insurance that will cover, hopefully, most of the replacement costs. I'm also thankful the thieves never gained access to our house.

In the past, being thankful for having a job wouldn't have crossed my mind.

Everyone works, right? But as our country continues to struggle to come out of the recent recession, there are many able-bodied, intelligent, educated people without jobs. So having a job is no longer a given as far as I'm concerned.

I'm sure that being thankful for having health insurance never made my list before. That, too, always seemed like a forgone conclusion since both my husband and I have usually had access to insurance through our places of employment. But as the health care reform debate rages on in Washington, D.C., and throughout America, I'm just glad that I'm not one of the many uninsured Americans out there and that our health care premiums, while not cheap, are still within reach, at least for now.

I'm also thankful that early on in the recession, unemployment benefits, which had previously lasted a maximum of six months, were extended to one year. As companies continue to shed jobs and shy away from hiring back laid-off employees, those benefits become even more

important, and perhaps life saving to those receiving them.

I'm also thankful that during the burglary that occurred at our residence in Des Moines in late August, no face-to-face contact was made with the perpetrators. That's a blessing if ever there was one. And while wading through the insurance claims process is no day at the beach, there will be a resolution. Now whether we agree with that resolution is another matter. But thank goodness we had insurance or else we'd have no hope of getting any monetary compensation for what was taken.

So in spite of some challenges and setbacks, I have much to be thankful for as Thanksgiving nears. My family has all the necessities of life: food, shelter, clothing, health, and of course the most important, love. So this year has pretty much been a lesson in "back to basics." And even though sometimes I forget to have the "attitude of gratitude" as I get mired in the muck, I know how blessed I am and that every day is an opportunity to give thanks.

## Ames Town & Gown Chamber Music 2009

### Leon Fleisher & Katherine Jacobson Fleisher

#### "Shall We Dance?"

Music of Bach, Schubert, Brahms, Ravel, and Dvorak  
Solo and Piano 4-Hands Program

Saturday, November 14th at 7:30 p.m.  
Ames City Auditorium  
6th Street & Clark

Leon Fleisher was a 2007 recipient of the Kennedy Center Honors, this country's highest award for the performing arts.

Tickets are \$30, at the box office or in advance at Rieman Music (327 Main Street), the Ames Community Center Office, the ISU Music Department, or through the Town & Gown website:  
[www.amestownandgown.org](http://www.amestownandgown.org)

Extra Event: Leon Fleisher master class and documentary film, *Two Hands*, Friday evening Nov. 13, 7:30 in Martha-Ellen Tye Recital Hall, Iowa State University. Open to the public, free of charge.



Students K-12, college/university with ID are offered tickets free of charge, through a grant from Target.





# NORTHCREST

community  
A True Life-Care Retirement Community

*Join the  
Northcrest Family...  
you'll thank yourself!*



For your personal  
visit call:

**(515) 232-6760**

1801 20th St. ♦ Ames, IA  
[www.northcrestcommunity.org](http://www.northcrestcommunity.org)

## *I am thankful...*

- *...I made the choice early enough to secure my financial future as well as my health care*
- *...for the many familiar faces and the new friends I have made at Northcrest*
- *...I am still in town and close to the places I've always enjoyed*
- *...for the wellness center and glass walkways so I can exercise come rain, sleet or snow*
- *...that I have the option of door-to-door transportation during the icy winter months*
- *...that I have given my family peace of mind*



**Dr. James Buck**

*Live your life, Live your way, Live at Northcrest*

## start the season

- **Santa's Arrival: Sat., Nov. 21, Noon:** Kids enjoy treats and craft. 1:00 Santa arrives via Ames fire truck at main entrance. \$2 off photo packages (Nov. 21 & 22 only).
- **Early Bird Giveaway: Fri., Nov. 27, 7 am:** First 200 shoppers receive a tote with goodies & coupons. \$20 North Grand Mall gift cards randomly placed in 20 bags! (1 per family)
- **Party with the Claus': Sat., Dec. 5, 1 pm:** Pick-up tickets at the mall customer service center, starting Sat., Nov. 21. Free for kids 10 & under. Space is limited.

When you want to taste, touch,  
hug and hold...experience

real shopping



**NORTH GRAND  
MALL**



2801 Grand Avenue Ames | [www.northgrandmall.com](http://www.northgrandmall.com) | 515-232-3679

Development, Inc. GK Development, Inc. Properties







BRING YOUR DESIGNS TO LIFE

FLOORING - FURNITURE - GREAT ACCESSORIES



310 South 16th Street - Ames

515.232-2200

[www.FlooringGallery.com](http://www.FlooringGallery.com)